

# Cooking for Kids

## Recipe Sizing Report

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000132 - Marinated Mushrooms :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011266 MUSHROOMS,BROWN,ITALIAN,OR CRIMINI,RAW...	24 lbs + 4 ozs	1. Wash mushrooms and cut in half.
799939 GARLIC,RAW.....	2 cups	2. Mix minced garlic, minced ginger, vegetable oil, sesame oil, sambal sauce, teriyaki sauce, hoisin sauce, and vinegar then add mushrooms. Mix gently to coat the mushrooms.  3. Place mixture into a hotel pan and cover with foil. Cook in 375° F oven for 30-40 minutes. Internal temperature should be above 140° F. Hold hot for service.
011216 GINGER ROOT,RAW.....	1 cup	
050385 OIL, VEGETABLE.....	4 ozs	
004058 OIL,SESAME,SALAD OR COOKING.....	8 ozs	
902936 Sambal Oelek Chili Sauce.....	4 ozs	
006189 SAUCE,TERIYAKI,RTS,RED NA.....	8 ozs	
006175 SAUCE,HOISIN,RTS.....	1 cup	
902953 Vinegar, Rice Wine.....	8 ozs	

\*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	67 kcal	Cholesterol	*0* mg	Sugars	*3.0* g	Calcium	26.38 mg	48.14%	Calories from Total Fat
Total Fat	3.59 g	Sodium	102 mg	Protein	3.17 g	Iron	0.56 mg	*6.95%*	Calories from Saturated Fat
Saturated Fat	*0.52* g	Carbohydrates	7.34 g	Vitamin A	135.4 IU	Water <sup>1</sup>	*106.39* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	0.82 g	Vitamin C	1.7 mg	Ash <sup>1</sup>	*1.44* g	43.75%	Calories from Carbohydrates
								18.90%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.